



**Wydarzenie:**  
**Organizator:**

**Data:**  
**Miejsce:**  
**Dystans:**

## OTWARTE MISTRZOSTWA KOSZALINA 5 000 M

B4SPORT

VII Otwarte Mistrzostwa Koszalina na 5 000m  
Koszalińskie Towarzystwo Krzewienia Kultury  
Fizycznej  
2023-06-15  
Koszalin  
5 km



Klasyfikacja: Wszyscy

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
1	WITKOWSKI Mateusz	1		SENIOR -M	1	3	00:00:34	00:01:50	00:03:08	00:04:24	00:05:43	00:07:03	00:08:23	00:09:42	00:11:00	00:12:19	00:13:40	00:15:01	00:16:21.49		3:16	18.3 (100%)
2	PROWANCKI Patryk	3	WILKI POMORSKIE	SENIOR -M	2	3	00:00:32	00:01:47	00:03:05	00:04:24	00:05:42	00:07:03	00:08:23	00:09:43	00:11:04	00:12:30	00:13:54	00:15:14	00:16:26.47	+00:00:04 (0.5%)	3:17	18.3 (100%)
3	PIETRASCHKE Paweł	52	AML SŁUPSK	M-40	1	3	00:00:38	00:02:00	00:03:20	00:04:40	00:06:01	00:07:21	00:08:41	00:10:01	00:11:20	00:12:41	00:14:02	00:15:22	00:16:36.19	+00:00:14 (1.5%)	3:19	18.1 (98.9%)
4	KARCZ Artur	5	OSP MRZEŻYNO	M-40	2	3	00:00:39	00:02:02	00:03:22	00:04:45	00:06:11	00:07:38	00:09:01	00:10:27	00:11:53	00:13:17	00:14:42	00:16:07	00:17:16.10	+00:00:54 (5.3%)	3:27	17.4 (95.1%)
5	KOZAK Arkadiusz	8	TKKF KOSZALIN	M-50	1	3	00:00:39	00:02:01	00:03:21	00:04:45	00:06:11	00:07:36	00:09:01	00:10:27	00:11:53	00:13:17	00:14:41	00:16:06	00:17:16.79	+00:00:55 (5.3%)	3:27	17.4 (95.1%)
6	KOŁOMAŃSKI Michał	4	CZARNECKI RUN TEAM	SENIOR -M	3	3	00:00:39	00:02:01	00:03:21	00:04:44	00:06:10	00:07:36	00:09:01	00:10:26	00:11:52	00:13:17	00:14:42	00:16:07	00:17:22.61	+00:01:01 (5.9%)	3:28	17.3 (94.5%)
7	WASZCZUK Tomasz	2	WASZCZUK TEAM	M-40	3	3	00:00:38	00:02:02	00:03:21	00:04:45	00:06:10	00:07:36	00:09:01	00:10:27	00:11:52	00:13:16	00:14:41	00:16:06	00:17:29.70	+00:01:08 (6.5%)	3:29	17.2 (94.0%)
8	FEDORCZAK Łukasz	11	BIEGOLAS KOSZALIN	SENIOR -M	4	3	00:00:40	00:02:04	00:03:30	00:04:57	00:06:24	00:07:53	00:09:21	00:10:47	00:12:15	00:13:41	00:15:11	00:16:40	00:17:58.54	+00:01:37 (9.0%)	3:35	16.7 (91.3%)
9	RUDNIKOWSKI Maciej	10	BIEGUZDROWISKOWY.PL / DARŁOWSKIE CHARTY	M-40	4	3	00:00:39	00:02:02	00:03:27	00:04:54	00:06:23	00:07:53	00:09:22	00:10:52	00:12:21	00:13:50	00:15:19	00:16:48	00:18:09.72	+00:01:48 (9.9%)	3:37	16.5 (90.2%)
10	HOLUB Kamil	7	MLUKS TRZEBIATÓW	M-40	5	3	00:00:36	00:02:01	00:03:26	00:04:55	00:06:24	00:07:54	00:09:24	00:10:54	00:12:23	00:13:53	00:15:24	00:16:54	00:18:17.59	+00:01:56 (10.6%)	3:39	16.4 (89.6%)
11	SMAGOWSKI Wojtek	12	OSP RĄBINO	M-40	6	3	00:00:41	00:02:07	00:03:31	00:04:58	00:06:25	00:07:52	00:09:21	00:10:52	00:12:21	00:13:51	00:15:22	00:16:52	00:18:19.39	+00:01:57 (10.7%)	3:39	16.4 (89.6%)
12	PICK Tomasz	14	BIEGOLAS / KORONA	M-50	2	2	00:00:41	00:02:08	00:03:39	00:05:10	00:06:41	00:08:13	00:09:44	00:11:15	00:12:46	00:14:18	00:15:48	00:17:18	00:18:33.48	+00:02:11 (11.9%)	3:42	16.2 (88.5%)
13	WITKIEWICZ Eryk	24	KB DZIESIATKA BIAŁOGARD	M-40	7	2	00:00:40	00:02:08	00:03:38	00:05:04	00:06:33	00:08:03	00:09:35	00:11:08	00:12:40	00:14:13	00:15:46	00:17:20	00:18:40.83	+00:02:19 (12.4%)	3:44	16.1 (88.0%)
14	KLIMOWICZ Michał	9		SENIOR -M	5	3	00:00:42	00:02:12	00:03:41	00:05:10	00:06:39	00:08:09	00:09:39	00:11:10	00:12:41	00:14:14	00:15:48	00:17:22	00:18:48.00	+00:02:26 (13.0%)	3:45	16 (87.4%)
15	GAJEWSKI Andrzej	21	STOPA SŁUPSK	M-40	8	2	00:00:42	00:02:10	00:03:40	00:05:12	00:06:45	00:08:18	00:09:51	00:11:23	00:12:57	00:14:30	00:16:04	00:17:36	00:18:58.26	+00:02:36 (13.8%)	3:47	15.8 (86.3%)
16	CHOLEWIŃSKI Artur	18	AML SŁUPSK	SENIOR -M	6	2	00:00:43	00:02:11	00:03:44	00:05:20	00:06:56	00:08:31	00:10:05	00:11:39	00:13:15	00:14:51	00:16:26	00:17:57	00:19:22.24	+00:03:00 (15.6%)	3:52	15.5 (84.7%)
17	NOWICKI Michał	33	KB WYGAN	SENIOR -M	7	2	00:00:44	00:02:15	00:03:48	00:05:22	00:06:55	00:08:27	00:09:59	00:11:34	00:13:10	00:14:42	00:16:17	00:17:55	00:19:26.75	+00:03:05 (15.9%)	3:53	15.4 (84.2%)
18	PIENIAWSKI Mateusz	22		SENIOR -M	8	2	00:00:44	00:02:14	00:03:45	00:05:16	00:06:48	00:08:20	00:09:54	00:11:30	00:13:08	00:14:48	00:16:28	00:18:06	00:19:32.78	+00:03:11 (16.3%)	3:54	15.4 (84.2%)
19	WEBER Paweł	15	BIEGOLAS	M-40	9	2	00:00:42	00:02:11	00:03:43	00:05:15	00:06:47	00:08:21	00:09:55	00:11:32	00:13:09	00:14:48	00:16:26	00:18:04	00:19:33.66	+00:03:12 (16.4%)	3:54	15.3 (83.6%)
20	MAĆKOWIAK Krzysztof	16	DOMINET	M-40	10	2	00:00:42	00:02:11	00:03:41	00:05:14	00:06:47	00:08:22	00:09:58	00:11:35	00:13:13	00:14:52	00:16:30	00:18:08	00:19:38.81	+00:03:17 (16.7%)	3:55	15.3 (83.6%)
21	SZCZUBLEWSKI Martin	25	KAMIEŃ RYMAŃSKI	SENIOR -M	9	2	00:00:42	00:02:13	00:03:48	00:05:24	00:06:58	00:08:36	00:10:14	00:11:53	00:13:30	00:15:10	00:16:52	00:18:31	00:20:04.55	+00:03:43 (18.5%)	4:00	15 (82.0%)
22	MARCINIAK Maciej	29	PARKRUN	SENIOR -M	10	2	00:00:41	00:02:12	00:03:48	00:05:27	00:07:06	00:08:48	00:10:31	00:12:13	00:13:56	00:15:34	00:17:11	00:18:44	00:20:09.79	+00:03:48 (18.9%)	4:01	14.9 (81.4%)
23	KONKEL Agnieszka	19		SENIOR -K	1	2	00:00:43	00:02:12	00:03:46	00:05:22	00:06:59	00:08:37	00:10:16	00:11:55	00:13:35	00:15:16	00:16:59	00:18:38	00:20:11.33	+00:03:49 (19.0%)	4:02	14.9 (81.4%)

Msc	Zawodnik	Numer	Klub	Kategoria	Mkat	Seria	0.2km	0.6km	1km	1.4km	1.8km	2.2km	2.6km	3km	3.4km	3.8km	4.2km	4.6km	Czas netto 5km	Różn	Tempo min/km	Tempo km/h
24	<b>KOŚCIELNIAK Robert</b>	<b>54</b>	TKKF KOSZALIN NERO TEAM	M-50	3	2	00:00:44	00:02:15	00:03:51	00:05:28	00:07:05	00:08:45	00:10:25	00:12:04	00:13:46	00:15:29	00:17:10	00:18:50	<b>00:20:24.76</b>	+00:04:03 (19.9%)	4:04	14.7 (80.3%)
25	<b>MAZURSKI Paweł</b>	<b>26</b>		SENIOR -M	11	2	00:00:38	00:02:08	00:03:43	00:05:20	00:07:00	00:08:40	00:10:22	00:12:06	00:13:52	00:15:38	00:17:24	00:19:06	<b>00:20:37.29</b>	+00:04:15 (20.7%)	4:07	14.6 (79.8%)
26	<b>NAGÓREK Krzysztof</b>	<b>32</b>	TUPOT USTKA	M-60	1	2	00:00:45	00:02:25	00:04:04	00:05:41	00:07:18	00:08:56	00:10:36	00:12:18	00:13:58	00:15:41	00:17:23	00:19:06	<b>00:20:39.74</b>	+00:04:18 (20.8%)	4:07	14.5 (79.2%)
27	<b>BIERZANOWSKI Rafał</b>	<b>23</b>		M-40	11	2	00:00:44	00:02:25	00:04:03	00:05:40	00:07:17	00:08:56	00:10:36	00:12:18	00:13:59	00:15:41	00:17:24	00:19:07	<b>00:20:42.27</b>	+00:04:20 (21.0%)	4:08	14.5 (79.2%)
28	<b>KRUK Marcin</b>	<b>28</b>	TKKF MASTERS KOSZALIN	M-40	12	2	00:00:45	00:02:24	00:04:01	00:05:39	00:07:18	00:08:57	00:10:37	00:12:20	00:14:03	00:15:47	00:17:31	00:19:18	<b>00:20:58.77</b>	+00:04:37 (22.0%)	4:11	14.3 (78.1%)
29	<b>KOCZOROWSKI Paweł</b>	<b>37</b>	W.P.K. SŁOŃ TEAM USTKA	M-40	13	1	00:00:46	00:02:33	00:04:20	00:06:05	00:07:50	00:09:35	00:11:19	00:13:02	00:14:46	00:16:29	00:18:14	00:19:57	<b>00:21:34.83</b>	+00:05:13 (24.2%)	4:18	13.9 (76.0%)
30	<b>CHUDZIK Zbigniew</b>	<b>34</b>	TKKF KOSZALIN	M-60	2	1	00:00:46	00:02:35	00:04:23	00:06:10	00:07:57	00:09:42	00:11:30	00:13:19	00:15:07	00:16:56	00:18:46	00:20:32	<b>00:22:11.84</b>	+00:05:50 (26.3%)	4:26	13.5 (73.8%)
31	<b>DRABKOWSKA Agnieszka</b>	<b>47</b>		K-40	1	1	00:00:50	00:02:33	00:04:19	00:06:06	00:07:53	00:09:41	00:11:30	00:13:19	00:15:07	00:16:56	00:18:46	00:20:35	<b>00:22:21.99</b>	+00:06:00 (26.9%)	4:28	13.4 (73.2%)
32	<b>ORLIKOWSKI Robert</b>	<b>46</b>	POŁCZYŃ BIEGA ♥	SENIOR -M	12	1	00:00:48	00:02:33	00:04:17	00:06:03	00:07:50	00:09:39	00:11:30	00:13:20	00:15:13	00:17:06	00:18:59	00:20:53	<b>00:22:45.68</b>	+00:06:24 (28.1%)	4:33	13.2 (72.1%)
33	<b>OWCZARZ Marcin</b>	<b>38</b>	FIGA PRACOWNIA PROJEKTOWA	SENIOR -M	13	1	00:00:45	00:02:32	00:04:23	00:06:15	00:08:06	00:09:57	00:11:48	00:13:38	00:15:25	00:17:18	00:19:11	00:21:06	<b>00:22:51.10</b>	+00:06:29 (28.4%)	4:34	13.1 (71.6%)
34	<b>RUTKOWSKI Artur</b>	<b>30</b>	RUNKING / SPORTOWIEC.INFO	SENIOR -M	14	2	00:00:49	00:02:28	00:04:11	00:05:54	00:07:41	00:09:36	00:11:33	00:13:29	00:15:25	00:17:24	00:19:24	00:21:21	<b>00:22:57.29</b>	+00:06:35 (28.7%)	4:35	13.1 (71.6%)
35	<b>GRABAREK Ewelina</b>	<b>36</b>		SENIOR -K	2	1	00:00:51	00:02:36	00:04:22	00:06:11	00:08:01	00:09:52	00:11:45	00:13:38	00:15:35	00:17:30	00:19:28	00:21:19	<b>00:23:05.41</b>	+00:06:43 (29.2%)	4:37	13 (71.0%)
36	<b>BRZEZIŃSKI Paweł</b>	<b>35</b>	PAB IRONDAD	M-40	14	1	00:00:47	00:02:36	00:04:28	00:06:20	00:08:13	00:10:06	00:12:00	00:13:54	00:15:51	00:17:48	00:19:43	00:21:40	<b>00:23:31.44</b>	+00:07:09 (30.5%)	4:42	12.8 (69.9%)
37	<b>KRZEWIŃSKA Małgorzata</b>	<b>43</b>	TKKF KOSZALIN	K-60	1	1	00:00:47	00:02:36	00:04:27	00:06:18	00:08:09	00:10:02	00:11:57	00:13:51	00:15:47	00:17:43	00:19:40	00:21:38	<b>00:23:31.79</b>	+00:07:10 (30.5%)	4:42	12.8 (69.9%)
38	<b>ANTKOWIAK Sebastian</b>	<b>42</b>	DB-ACTIVE	M-40	15	1	00:00:48	00:02:36	00:04:29	00:06:19	00:08:10	00:10:02	00:11:56	00:13:50	00:15:47	00:17:45	00:19:44	00:21:42	<b>00:23:37.40</b>	+00:07:15 (30.8%)	4:43	12.7 (69.4%)
39	<b>STRZELECKI Grzegorz</b>	<b>40</b>	FIGA PRACOWNIA PROJEKTOWA	M-40	16	1	00:00:46	00:02:34	00:04:27	00:06:22	00:08:16	00:10:13	00:12:11	00:14:09	00:16:09	00:18:07	00:20:06	00:22:04	<b>00:23:53.17</b>	+00:07:31 (31.5%)	4:46	12.6 (68.9%)
40	<b>SUDER-MAKSYMOWICZ Grzegorz</b>	<b>39</b>		M-40	17	1	00:00:53	00:02:40	00:04:33	00:06:29	00:08:26	00:10:23	00:12:20	00:14:21	00:16:23	00:18:25	00:20:22	00:22:19	<b>00:24:06.40</b>	+00:07:44 (32.1%)	4:49	12.4 (67.8%)
41	<b>GIĘDROWICZ Aleksandra</b>	<b>45</b>		SENIOR -K	3	1	00:00:50	00:02:37	00:04:29	00:06:21	00:08:18	00:10:16	00:12:17	00:14:18	00:16:21	00:18:24	00:20:21	00:22:18	<b>00:24:20.35</b>	+00:07:58 (32.8%)	4:52	12.3 (67.2%)
42	<b>ZAWISKA Anna</b>	<b>49</b>		SENIOR -K	4	1	00:00:51	00:02:37	00:04:31	00:06:28	00:08:33	00:10:40	00:12:47	00:14:58	00:17:05	00:19:14	00:21:22	00:23:29	<b>00:25:33.60</b>	+00:09:12 (36.0%)	5:06	11.7 (63.9%)
43	<b>KLASA Jan</b>	<b>53</b>	URZĄD GMINY CZARNA DĄBRÓWKA	M-60	3	1	00:00:53	00:02:50	00:04:50	00:06:52	00:08:54	00:10:58	00:13:01	00:15:05	00:17:10	00:19:18	00:21:26	00:23:34	<b>00:25:38.31</b>	+00:09:16 (36.2%)	5:07	11.7 (63.9%)
44	<b>BOGAĆKA Lucyna</b>	<b>48</b>	TKKF KOSZALIN	K-60	2	1	00:00:54	00:02:54	00:04:56	00:06:57	00:09:00	00:11:04	00:13:07	00:15:11	00:17:16	00:19:23	00:21:29	00:23:41	<b>00:25:43.26</b>	+00:09:21 (36.4%)	5:08	11.7 (63.9%)
45	<b>KOZŁOWIECKI Waldemar</b>	<b>51</b>		M-70+	1	1	00:00:57	00:03:03	00:05:15	00:07:25	00:09:33	00:11:42	00:13:52	00:16:03	00:18:15	00:20:27	00:22:38	00:24:50	<b>00:26:56.35</b>	+00:10:34 (39.3%)	5:23	11.1 (60.7%)
46	<b>WALEŃSKI Michał</b>	<b>17</b>		M-40	18	2	00:31:00	00:32:30	00:33:59	00:35:28	00:36:57	00:38:27	00:39:58	00:41:28	00:43:00	00:44:29	00:45:56	00:47:24	<b>00:48:49.40</b>	+00:32:27 (66.5%)	9:45	6.1 (33.3%)
47	<b>BŁOCH Radosław</b>	<b>13</b>	WITKOWSKI RUNNING TEAM	SENIOR -M	15	2	00:30:59	00:32:31	00:34:01	00:35:31	00:37:02	00:38:33	00:40:05	00:41:36	00:43:08	00:44:39	00:46:09	00:47:37	<b>00:48:56.95</b>	+00:32:35 (66.6%)	9:47	6.1 (33.3%)
48	<b>ŻUCHELKOWSKI Henryk</b>	<b>44</b>	NEPTUN KOŁOBRZEG	SENIOR -M	16	1	00:32:05	00:34:01	00:35:55	00:37:50	00:39:42	00:41:37	00:43:32	00:45:26	00:47:21	00:49:17	00:51:08	00:53:01	<b>00:54:50.90</b>	+00:38:29 (70.2%)	10:58	5.5 (30.1%)
49	<b>WOJCIECHOWSKA Basia</b>	<b>27</b>		SENIOR -K	5	2	00:00:42	00:02:15	00:03:54	00:05:41	00:07:26	00:09:12	00:11:00	00:12:49	00:14:38	00:16:29	00:18:15	00:19:57		+	4:20	13.8 (75.4%)

Znaleziono 49 wynik(ów)